



DINING LOCATION_7151 YORK AVE - EDINA____ PHONE_952.893.1449

SENIOR DINING MENU – DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Spaghetti & Beef Meatballs Italian Vegetables Mandarin Oranges Garlic Breadstick/margarine Cheesecake Square	Roast Pork au Jus ALT: Salisbury Steak Mashed Sweet Potatoes Mixed Vegetables WW Bread/margarine Banana Bar
5	6	7	8	9
Ham & Cheese Mac ALT: Turkey/Cheese Mac Green Peas Mixed Fruit Cup Rye Bread/margarine Brownie	Sloppy Joes on a Bun Potato Wedges Ketchup packet Chuck wagon Corn Fresh Fruit	Beef Lasagna Italian Green Beans Garlic Breadstick/margarine Lettuce Salad/French dressing Fruited Gelatin	Beef Stew with vegetables Warm Biscuit Warm Apple Slices Coleslaw Raspberry Fluff	Turkey meatloaf w Cranberry Glaze Mashed Potatoes Peas & Carrots Multigrain bread/margarine Chocolate Tart w/topping RCD: No topping
12	13 Christmas meal	14	15	16
BBQ Beef Riblet Whole Grain Roll Oven Fries w/ketchup Chuckwagon Corn Fresh Fruit	Quarter Roasted Chicken Baby Red Potatoes/margarine Buttered Corn Dinner Roll/margarine Apple Pie RCD: Apple Slices	Roast Turkey & Gravy Mashed Potatoes Glazed Carrots Rye Bread/margarine Pumpkin Bar w Cream Cheese Icing RCD: No Icing	Swiss Steak & Tomatoes Au gratin Potatoes Warm Cinnamon Apples Multi grain bread/margarine Lemon Bar	Country Fried Steak with gravy Mashed Potatoes Italian Vegetables Pull Apart Roll/margarine Chocolate Cupcake
19	20	21	22	23
Meatballs in Gravy Mashed Potatoes Mixed Vegetables Multigrain Bread/margarine Peach Slices Cherry Streusel Bites	Baked Penne w turkey meat sauce Steamed Broccoli Garlic Breadstick/margarine Fresh Fruit Vanilla Pudding	Bread Pork Cutlet with Creamy Mustard Sauce ALT: Chicken cutlet with creamy mustard sauce Steamed Brown Rice Peas & Carrots Fresh Fruit Oreo Cookies	Breakfast Scramble With peppers, onions, turkey sausage Breakfast Potatoes Blueberry Muffin Fresh Fruit Juice Cup	Salisbury Steak with mushroom gravy Mashed Potatoes Steamed Carrots French Bread/margarine Toffee Cookie
26	27	28	29	30
SITES CLOSED BAG LUNCH Cold Cut Sub Sandwich Mustard Packet Marinated Veggies Diced Peaches Bar	Chicken Stir Fry Jeweled Rice Vegetable Mini Egg Roll Tropical Fruit Cup Almond Cookie Soy Sauce Packet Plum Sauce Packet	Beef Pot Roast Mashed Potatoes and Gravy Carrot Coins Dinner Roll/margarine Frosted Yellow Cake RCD: No Frosting	Swedish Meatballs Egg Noodles Mixed Vegetables Dinner roll/margarine Diced Pears Butterscotch Pudding	Cheeseburger on Whole Wheat Bun Tator Tots/ketchup Vegetable Blend Cherry Tart w/topping RCD: No topping

1% milk and margarine are served with each meal. SR=salt restricted, RC=restricted calorie dessert. Your comments are welcome: call 952-945-4156. Volunteers of America Senior Nutrition Program serves all seniors regardless of race, color, sex, disability, national origin, or religion. The service is funded through a contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program and participant contributions. Upon request, this information will be made available in an alternative format: Braille, large print or audiotape. For TDD, contact Minnesota Relay Service at 1-800-627-3529.